



## **Stress Management Ideas:**

- 1. Identify what your stressors are. Is it the bills that need paid? Family drama? Career choices? Ensure you understand what the stressors are in your life so they can be managed better.**
- 2. Take time for yourself. If your schedule is so packed you can hardly breath, take 20 minutes throughout your day for you. In the morning, this could be a short walk before work. At lunch, take a break from the office and step outside for fresh air. Avoiding relaxation and self-care can result in higher stress levels later.**
- 3. Prioritize your day. Having a to do list that is reasonable and contains a working list of items that are most important can help less crucial tasks from overwhelming the mind. Many things are easier to achieve one the are written down and definitive. For example, "Prepare lesson for youth activity by Thursday at 4 pm" or "Complete application for business program by 5 pm today".**
- 4. Learn a stress reduction technique that works for you. There are many such as meditation, guided imagery, progressive muscle relaxation, Emotional Freedom Technique or tapping, Biofeedback and more. We can discuss the best approach for you at your office visit.**
- 5. Talk it out. Not only does it help to talk things out, but often the empathy and understanding of another can bring new ideas that were not apparent in the moment.**
- 6. Hug a loved one. Oxytocin is a hormone released by the pituitary gland with hugging and physical intimacy. It influences other stress hormones resulting in relaxation and feeling calm.**
- 7. Get creative. Try aromatherapy, making some artwork, a gratitude practice, lighting a candle, or having a cup of tea. There are countless ways to de-stress.**
- 8. Most importantly, say "No" to things that cause you added stress.**